

Plant-Based Cholesterol-Lowering Foods Grocery Checklist

Print this checklist and use it on your next grocery trip. Check off each item as you shop!

	Item	Category
■	Oats	Whole Grains
■	Barley	Whole Grains
■	Beans (black, kidney, chickpeas, lentils)	Legumes & Soy
■	Soy products (edamame, tofu, soy milk)	Legumes & Soy
■	Apples	Fruits
■	Berries (blueberries, strawberries, raspberries)	Fruits
■	Citrus fruits (oranges, grapefruits, lemons)	Fruits
■	Tomatoes	Fruits
■	Dark leafy greens (spinach, kale, collards)	Vegetables
■	Eggplant	Vegetables
■	Okra	Vegetables
■	Mushrooms (shiitake, etc.)	Vegetables
■	Walnuts	Nuts & Seeds
■	Almonds	Nuts & Seeds
■	Avocados	Nuts & Seeds
■	Flaxseeds	Nuts & Seeds
■	Chia seeds	Nuts & Seeds
■	Sunflower seeds	Nuts & Seeds
■	Garlic	Extras
■	Green tea	Extras
■	Dark chocolate (70% cocoa or higher)	Extras